

**Amendments to the Claims**

This listing of claims will replace all prior listings of claims in the application.

**Listing of Claims**

1. Canceled.

2. (Currently Amended) The sliding board as claimed in claim 15, wherein said anchoring elements are ~~is~~ inserted through ~~at least one~~ preformed openings in said upper shell.

3. (Currently Amended) The sliding board as claimed in claim 2, wherein said ~~at least one~~ preformed openings in the upper shell surrounds ~~said at least one~~ respective anchoring elements without a gap.

4. (Currently Amended) The sliding board as claimed in claim 15, wherein said ~~at least one~~ anchoring elements ~~are~~ is provided with one of indentations, grooves, cutouts, and openings.

5. (Currently Amended) The sliding board as claimed in claim 15, wherein said ~~at least one~~ anchoring elements ~~are~~ is one of pin-shaped, bolt-shaped, and elongate and ~~are~~ is in one piece with the arranging element comprising a rail-type guide element.

6. (Currently Amended) The sliding board as claimed in claim 15, wherein said ~~at least one~~ anchoring elements bears parts which are placed, pushed and/or screwed thereto and which enlarge a surface area thereof for adhesion to the core material.

7. (Currently Amended) The sliding board as claimed in claim 15, ~~further comprising two or more anchoring elements interconnected by one or more wherein said connecting element is plate-shaped connecting elements.~~

8. Cancelled.

9. (Previously Presented) A method for producing a sliding board, in which a sliding board upper part preformed as a shell and comprising an upper shell is connected to a sliding board lower part comprising a running sole, lower web and steel edges, and a core is formed by filling an interspace with foamed material, comprising the steps of attaching an element comprising at least one guide element for arranging and guiding a binding element by passing at least one anchoring element through at least one opening in the preformed upper shell, covering a gap between a shank of the anchoring element and the opening from the underside by a sealing compound when the anchoring element has been positioned, joining together the sliding board upper part and lower part, and foaming the core so that the anchoring element is connected to the core when the foam hardens.

10. (Previously Presented) The method as claimed in claim 9, wherein the sealing compound consists of an elastomeric material.

11. (Previously Presented) The method as claimed in claim 9, wherein the sealing compound is an adhesive.

12. (Currently Amended) ~~The method as claimed in claim 8, further comprising~~ A method for producing a sliding board, in which a sliding board upper part preformed as a shell and comprising an upper shell is connected to a sliding board lower part comprising a running sole, lower web and steel edges, and a core is formed by filling an interspace with

foamed material, comprising the steps of attaching an element comprising at least one guide element for arranging and guiding a binding element by passing at least one anchoring element through at least one opening in the preformed upper shell, joining together the sliding board upper part and lower part, and foaming the core so that the anchoring element is connected to the core when the foam hardens, and providing said at least one anchoring element in a region resting on the upper shell, with a cutting edge running around the opening, and pressing said edge into the upper shell either during positioning of the anchoring element or during joining of the sliding board upper part and lower part.

13. (Currently Amended) A sliding board which is produced in accordance with claim 12.

14. (Previously Presented) The method as claimed in claim 10, wherein said elastomeric material is a silicone sealing compound.

15. (Currently Amended) A sliding board, with a running sole, an upper shell, a lower web and a hardened foam core and ~~with at least one rail-type guiding elements~~ extending in the longitudinal direction of the sliding board and for arranging at least one binding element on an upper side of the sliding board, said ~~at least one rail-type guiding elements~~ each being connected to the sliding board body by at least ~~one~~ two anchoring elements being in one piece with the ~~one~~ respective rail-type guiding element, an anchoring element of a first of the rail-type guiding elements being connected to an anchoring element of a second of the rail-type guiding elements by a connecting element, wherein said ~~at least one anchoring elements and said connecting element are~~ is integrated into said core when it is foamed, in direct contact with the foam and ~~is~~ retained by the hardened foam.

16. (Currently Amended) A sliding board, with a running sole, an upper shell, a lower web and a hardened foam core and with ~~at least one rail-type~~ guiding elements extending in the longitudinal direction of the sliding board and for arranging at least one binding element on an upper side of the sliding board, said ~~at least one rail-type~~ guiding elements each being connected to the sliding board body by anchoring elements inserted into the respective rail-type guiding element and bearing against the rail-type guiding element, an anchoring element of a first of the rail-type guiding elements being connected to an anchoring element of a second of the rail-type anchoring elements by a connecting element, wherein the anchoring elements and the connecting element are integrated into said core when it is foamed, in direct contact with the foam, and are retained by the hardened foam.

17. Cancelled.